



WESTPORT CENTER FOR SENIOR ACTIVITIES

SPRING 2022 COURSE CATALOG AND UPCOMING EVENTS

Dear Friends and Participants:

APRIL, MAY AND JUNE 2022

It has been such a pleasure to see so many of you coming back to enjoy the many wonderful class offerings at the WCSA. Seeing your beautiful smiles, listening to your words of gratitude and appreciation, and feeling your energy throughout the facility has been heartwarming. As COVID-19 appears to be moving in the direction of a more manageable endemic rather than that of the unpredictable pandemic, we ask folks to remain vigilant, safe, and responsible. In anticipation of the executive orders and mask mandates being lifted, we kindly ask that you continue to protect yourself and others by wearing a mask and respecting social distancing. Let's all continue to remain optimistic, hopeful, and positive as we come upon the 2nd anniversary of COVID and our initial shutdown. Remember, we're in this together and we will get through this together!

I'm so proud of all the hard work that went into producing this wonderful Spring 2022 course catalog. I think you will be amazed at the wide variety and diversification of offerings. Please take the time to look through the newsletter and register early before classes fill up. Some classes will have limited enrollment so that they can be offered in a safe, socially distanced environment.

A big shout out to the entire team at the WCSA for their continued commitment and efforts in providing you with wonderful opportunities in a safe, accepting, and pleasant atmosphere. Thank you to Holly, Jason, Denise, Felica, Paulina, Ben, Bobby, Rick, Chef Pancho, and to all the fabulous instructors and volunteers who make each day at the WCSA special.

As always, I can be reached at spfister@westportct.gov or by phone at 203-341-5098 if you ever have any concerns or questions you'd like to discuss with me.

Wishing you an enjoyable spring semester,

Sue

Susan L. Pfister, MSW
Director, WCSA



WESTPORT™

WESTPORT CENTER FOR SENIOR ACTIVITIES

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Website:

**[www.westportct.gov/
seniorcenter](http://www.westportct.gov/seniorcenter)**

**Search us on Facebook by typing
in:**

Westport Senior Center



REGISTRATION—SPRING 2022

Registration for the Spring Quarter (April through June) will begin for Westport residents on Monday, March 7.

Out of town registration will begin on Monday, March 14.

On the following pages, you will see a list of classes offered and their locations. Some classes will be offered in-house and hybrid, while others will be listed as Zoom only, or weather permitting as in/outdoors. Registration (see below) is available online at [MyActiveCenter.com](https://myactivecenter.com), by phone at 203-341-5099, Monday - Friday from 8:30 AM to 4:30 PM, or by mailing in your registration form with a check made out to the WCSA. The WCSA also has a locked drop box to the right of the front door where you can drop off your registration form and check. Please note: A \$10.00 late fee will be added for anyone registering after March 31, 2022, for any class that runs more than six weeks in length. A 2022 Fitness Waiver is required for any exercise class and can be found on our [website](https://www.westportct.gov/seniorcenter) (www.westportct.gov/seniorcenter). Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203-341-5098. All scholarship requests will be kept confidential. **If you have any questions regarding registration, please feel free to call the WCSA at 203-341-5099.**

How to Register for Programs Online

MyActiveCenter is an easy-to-use, secure software program that senior centers across the U.S. use to manage their different programs. With a MyActiveCenter account, you will be able to sign up for classes and special programs online. Each participant of the WCSA will be issued their own login ID/key tag number. If you register online, you will pay for your classes and programs with a credit card. There is a convenience fee of 2.85% to use a credit card. **To obtain your MyActiveCenter login ID/key tag number, please contact Felicia Smith, Administrative Assistant, by email at: FSmith@westportct.gov or by phone at 203-341-5099.** The link for MyActiveCenter is <https://myactivecenter.com/>.

WCSA Phone Directory

Main Number: 203-341-5099
(answering machine after-hours)

Susan Pfister, MSW, Director:
203-341-5098

Holly Betts, RD, Program Manager:
203-341-5096

Jason Wilson, Assistant Program Manager: 203-341-1066

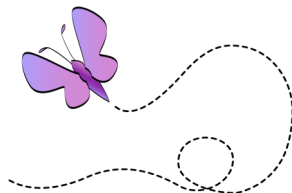
Paulina Przybysz, Nutrition Program and Hello Neighbor Coordinator: 203-341-5097

Kaila Morgan, Social Worker:
203-341-1068

Denise Puskas, Administrative Assistant: 203-341-5095

Felicia Smith, Administrative Assistant: 203-341-5099

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ACTIVITIES AND EVENTS APRIL 1 – 30, 2022

April is National Poetry Month!

Join the **Southwestern Connecticut Agency on Aging (SWCAA)** and the **Westport Center for Senior Activities (WCSA)** in celebrating **National Poetry Month** in April. Any Southwestern CT Senior Center member may submit up to two entries to the annual contest. The WCSA will select the top two poems from all entries and submit to SWCAA. SWCAA's Board and Advisory Council, comprised of aging network professionals, business leaders and older adults, will select the top three entries. Each of the three finalists will receive a \$100 prize. All entries may be publicized on the SWCAA website or Facebook account. **Entries are due to the WCSA by March 14. The WCSA will submit their two finalists to SWCAA by March 28. The winners will be announced on April 21.** Go to <https://poets.org/national-poetry-month> to see some of the wonderful poetry from students and experts alike!

Monday, April 4 and 18: Focus on Contemporary Issues with Art Gottlieb

Historian Art Gottlieb will lead an in-depth discussion centered solely on one issue in the current news cycle. The featured topic will be examined from every relevant viewpoint and will include active input from the audience. Those wishing to make suggestions of topics for discussion are invited to contact Mr. Gottlieb at agott@optonline.net. **This class meets on the first and third Monday of the month. Pre-registration is required online at MyActiveCenter.com or by calling the WCSA at 203-341-5099.**

Tuesday, April 5: Coffee Chat with Detective Erin Shaw

Join Westport Police Detective Erin Shaw for a coffee chat in Sue's Café to informally chat about scams, police matters, ID theft, and to answer any questions or concerns you may have. Detective Erin Shaw was hired to the Town of Westport Police Department in January 2008. She was promoted to the rank of Corporal in 2015. She is a member of the Southwest Regional Emergency Response Team as a Crisis Negotiator and is a Certified Traffic Crash Reconstructionist. She has earned several unit citation awards and is involved in numerous community activities such as the Special Olympics and the Westport Police Youth Collaborative. She holds a B.S. in Therapeutic Recreation with a minor in Health Studies from the University of Southern Maine. **Pre-registration is required online at MyActiveCenter.com or by calling the WCSA at 203-341-5099. Time: 10:30 to 11:30 AM.**

Wednesday, April 6: A History of Flamenco Dancing: You've Got to Have Attitude ~ Ole!

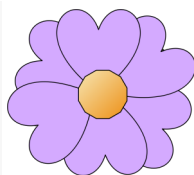
Join Penny Pearlman for a lecture on Flamenco Dancing. This dance form was created several centuries ago around the Romani gypsy fires in Andalusia in southern Spain with roots in Moorish, Jewish and Indian cultures. Penny began her study of flamenco five years ago and has traveled twice to Jerez de la Frontera in southern Spain to study. **Pre-registration is required online at MyActiveCenter.com or by calling the WCSA at 203-341-5099. Time: 1:00 to 2:00 PM.**

Wednesday, April 13 — May 4: Learn the Flamenco Dance!

Whether you're an experienced dancer or not, learning flamenco will be a new experience. Birthed around the gypsy campfires in the mountains of Spain, flamenco is a seductive, thrilling dance form, done without a partner. In this 4-session, 1-hour absolute beginner class you'll get the chance to learn the basic steps and arm movements as well as gain an understanding of the music's rhythmic structure and learn the basics of playing castanets. By the end of our sessions, you will have learned a brief choreography. Please wear comfortable clothes (preferably a flowy skirt) and shoes/boots with a low broad or stacked heel and leather sole, if possible. Care will be taken to address any physical limitations. Castanets will be available for purchase. **Pre-registration is required online at MyActiveCenter.com or by calling the WCSA at 203-341-5099. Time: 1:00 to 2:00 PM.**

Dance Class Cost: \$16.00.

April



ACTIVITIES AND EVENTS APRIL 1 – 30, 2022 (continued)

Wednesday, April 13: “Shelf Awareness” Book Club — *Empty Mansions: Mysterious Life of Huguette Clark & the Spending of a Great American Fortune* by Paul Newell, Jr. & Bill Dedman

Facilitated by Jill Meyer, the club will meet to discuss *Empty Mansions: The Mysterious Life of Huguette Clark and the Spending of a Great American Fortune*, a nonfiction book about the heiress Huguette Clark (1906–2011), daughter of the copper baron and United States Senator William A. Clark (1839–1925), one of the wealthiest men in the world at the time. The book chronicles both William and Huguette's life, including Huguette's decision to live the last 20 or so years of her life in hospitals in New York City, despite owning multiple homes and a fortune worth more than \$300 million. **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099.** Time: 2:00 to 3:00 PM. Books and Kindle versions are available at local libraries and bookstores.

Wednesday, April 20 — May 25: Discussion Series with Art Gottlieb: *The Civil War*

Join historian, Art Gottlieb for a six-part series on the Civil War. The lectures will follow along with the Pulitzer Prize-winning book *This Hallowed Ground*, by Bruce Catton. According to the Barnes & Noble book review: “Covering events from the prelude of the conflict to the death of Lincoln, Catton blends a gripping narrative with deep, yet unassuming, scholarship to bring the war alive on the page in an almost novelistic way”. **Purchase of the book is optional.** Paperback books may be purchased from the WCSA for \$20.00. (*Please order the book from the WCSA if interested & no later than Monday, April 4.*) The Kindle and Nook audiobooks are available through Amazon or Barnes & Noble. (ISBN#9780307947086). Westport residents can obtain a free digital copy with Hoopla through the Westport Public Library. **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099.** Time: 10:30 to 11:30 AM. Cost: \$24.00.

Wednesday, April 20: Nutrition Talk and Documentary on Tea

Join Nutrition Coordinator, Paulina Przybysz, as she discusses the health benefits of tea, followed by a Modern Marvels documentary on the history of tea from ancient times to today's modern tea farms. **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099.** Time: 2:30 to 3:30 PM.

Tuesday, April 26: *A History of Food in Recipes — A Dessert for Mozart!*

Salzburger Nockerl is a favorite Austrian dessert. Although presumably derived from French soufflé dishes, Salzburger Nockerl, like Kaiserschmarrn or apple strudel, has become an icon of Austrian cuisine. Legend has it that the dish was invented by Salome Alt (1568–1633), the concubine of Prince-Archbishop Wolf Dietrich Raitenau in the early 17th century. Join Program Manager Holly Betts, RD, for this food demonstration to see how this iconic dessert is made. **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099.** Time: 2:30 to 4:00 PM.

Thursday, April 28: Music Lecture on Mozart's 40th Symphony

Join Barbara Reis for a discussion on Mozart's most well-known symphony. Of the three 1788 symphonies, the Symphony in G minor, K. 550 (popularly referred to as No. 40), is Mozart's most original and has had the greatest influence on future composers. Few works from the 18th century are as intense, chromatic, and unconventional. Barbara earned degrees in music from Columbia University, New York University, and the University of Michigan. **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099.** Time: 2:30 to 3:30 PM.



ACTIVITIES AND EVENTS MAY 1 – 31, 2022

Tuesday, May 3: Dr. Mona Garcia: Royal History: Queen Victoria's Daughters-in-Law: Princess Alexandra of Denmark

At the age of sixteen, Alexandra of Denmark was chosen as the future wife of Albert Edward, Prince of Wales, the heir apparent of Queen Victoria. The couple married 18 months later in 1863, the year in which her father became King of Denmark as Christian IX and her brother was appointed King of Greece as George I. She held the title Princess of Wales from 1863 to 1901, the longest anyone has ever held that title. Dr. Garcia taught European History at the college level and was on staff at the Fairfield Public Library. **Pre-registration is required online at [MyActiveCenter.com](https://www.MyActiveCenter.com) or by calling the WCSA at 203-341-5099. Time: 1:30 to 3:00 PM.**

Thursday, May 5: Cinco de Mayo Food Demo with Nutrition Coordinator Paulina Przybysz

Join Nutrition Coordinator Paulina Przybysz as she demonstrates vegetarian enchiladas and discusses how to replace animal protein with beans. Paulina is a graduate of UCONN with a degree in Nutritional Sciences. **Pre-registration is required online at [MyActiveCenter.com](https://www.MyActiveCenter.com) or by calling the WCSA at 203-341-5099. Time: 2:30 to 3:30 PM.**

Thursday, May 5, Lisa Arnold Art History — Henri Matisse

On May 5, Lisa Arnold will discuss **Henri Matisse**, a French artist, known for both his use of color and his fluid and original draughtsmanship. Matisse was a draughtsman, printmaker, sculptor and painter. Lisa will also discuss the cut-outs that may be his most well-known work. Lisa Arnold teaches at the Silvermine and Guilford Art Centers and was a Creative Coordinator for Brides Magazine, an art lecturer at the School of Visual Arts in New York, Norwalk Community College and the Parsons School of Design, NY. **Pre-registration is required online at [MyActiveCenter.com](https://www.MyActiveCenter.com) or by calling the WCSA at 203-341-5099. Time: 2:00 to 3:30 PM.**

Monday, May 9 and June 13: Shakespeare Discussion Group Series

William Shakespeare is arguably the most famous crafter of words in the English language. Join us as we engage in a lively discussion of *Othello* and *Richard III*. Shakespeare Scholar (and Westport's Poet Laureate) Diane Lowman will lead the group in a spirited group exploration. **Participants are asked to bring a copy of the play with them to class. Please note: This is not a lecture series; participants should have at least some familiarity with each play.** **Pre-registration is required online at [MyActiveCenter.com](https://www.MyActiveCenter.com) or by calling the WCSA at 203-341-5099. Time: 10:30 AM to Noon. Cost: \$8.00.**

Tuesday, May 10: Coffee Chat with Detective Erin Shaw

Join Westport Police Detective Erin Shaw for a coffee chat in Sue's Café to informally chat about scams, police matters, ID theft, and to answer any questions or concerns you may have. Detective Erin Shaw was hired to the Town of Westport Police Department in January 2008. She was promoted to the rank of Corporal in 2015. She is a member of the Southwest Regional Emergency Response Team as a Crisis Negotiator and is a Certified Traffic Crash Reconstructionist. She has earned several unit citation awards and is involved in numerous community activities such as the Special Olympics and the Westport Police Youth Collaborative. She holds a B.S. in Therapeutic Recreation with a minor in Health Studies from the University of Southern Maine. **Pre-registration is required online at [MyActiveCenter.com](https://www.MyActiveCenter.com) or by calling the WCSA at 203-341-5099. Time: 10:30 to 11:30 AM.**



ACTIVITIES AND EVENTS MAY 1 – 31, 2022 (continued)

Wednesday, May 11 — June 16: Exercise for Body Awareness and Relaxation:

A Different Approach

Tune into how your body feels as you are moving and enjoy the experience of the mind-body connection. Movement Therapist, Ruth Winnick, will help you understand how to stretch and relax your muscles. Exercises will start in a chair and advance from there. Ruth studied the dance therapy master's program at NYU as a dance therapist and was accredited by the American Dance Therapy Association. She worked at Norwalk Hospital as a movement therapist and had her own private practice. **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099. Time: 1:00 to 2:00 PM. Cost: \$24.00.**

Wednesday, May 11: “Shelf Awareness” Book Club — *Yes, Chef: A Memoir* by Marcus Samuelsson

Facilitated by Jill Meyer, the book club will meet to discuss the memoir by Marcus Samuelsson. This book is his love letter to food and family in all its manifestations. *Yes, Chef* chronicles Samuelsson's journey, from his grandmother's kitchen to his arrival in New York City, where his outsize talent and ambition finally come together at Aquavit, known for its Ethiopian cuisine, earning him a *New York Times* three-star rating at the age of twenty-four. **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099. Time: 2:00 to 3:00 PM. Books and Kindle versions are available at local libraries and bookstores.**

Wednesday, May 11: Ethiopian Food Demo

Nutrition Coordinator, Paulina Przybysz, and Program Manager, Holly Betts, will be demonstrating *Tikil Gomen*, a cabbage and carrot stew with injera pancakes. You are welcome to join the book club and read the fascinating journey of Ethiopian Chef Marcus Samuelson or just come learn and taste Ethiopian food! **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099. Time: 3:15 to 4:15 PM.**

Tuesday, May 24: Lisa Arnold Art History Lecture: Raphael

Raffaello Sanzio da Urbino commonly known as **Raphael** was an Italian painter and architect of the High Renaissance. His work is admired for its clarity of form, ease of composition and visual achievement of the Neoplatonic ideal of human grandeur. Together with Michelangelo and Leonardo da Vinci, Raphael forms the traditional trinity of great masters of that period. Lisa teaches at the Silvermine and Guilford Art Centers and was a Creative Coordinator for Brides Magazine, an art lecturer at the School of Visual Arts in New York, Norwalk Community College and the Parsons School of Design, NY. **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099. Time: 10:30 AM to Noon.**



FROM WCSA'S OWN GARDEN



ACTIVITIES AND EVENTS

JUNE 1—30, 2022

Thursday, June 2: Food Demo with Nutrition Coordinator Paulina Przybysz

Join Nutrition Coordinator Paulina Przybysz as she demonstrates Asian Stir Fry with Tofu. Paulina will discuss the health benefits of tofu and the many ways you can incorporate this healthy protein into your diet. **Pre-registration is required online at MyActiveCenter.com or by calling the WCSA at 203-341-5099. Time: 2:30 to 3:30 PM.**

Wednesday, June 8: “Shelf Awareness” Book Club — *A Month in the Country* by J.L. Carr

A four-year veteran of WWI, Tom Birkin has been left with a post-traumatic facial tic and stutter. In the summer of 1920, he is hired to uncover a medieval church painting in the Yorkshire village of Oxbodby. Filled with the period detail of a kinder, gentler time, Birkin’s reflection is a sweet exploration of his healing process. **Pre-registration is required online at MyActiveCenter.com or by calling the WCSA at 203-341-5099. Time: 2:00 to 3:00 PM. Books and Kindle versions are available at local libraries and bookstores.**

Thursday, June 9: Thursday Evening Social: Mocktail Party!

Just because a mocktail is non-alcoholic doesn't mean it has to be boring! Dress up and join your fellow seniors for a mocktail and hors d'Oeuvres. Musician, Dave Giardina will provide live entertainment! Dave is an award recipient member of the CT Commission on Culture and Tourism. He has performed extensively throughout the Northeast at schools, bandshells, major festivals, First Nights, clubs and both Connecticut casinos as a soloist and with ensembles he has formed such as Fiesta del Norte, Bamboleo, Goza, and the Topsy Gypsies. This event is co-sponsored with the Friends of the WCSA. **Pre-registration is required online at MyActiveCenter.com or by calling the WCSA at 203-341-5099. Time: 5:00 to 7:00 PM. Cost: \$6.00**

Monday, June 13: Shakespeare Discussion Group Series

William Shakespeare is arguably the most famous crafter of words in the English language. Join us as we engage in a lively discussion of *Richard III*. Shakespeare Scholar (and Westport’s Poet Laureate) Diane Lowman will lead the group in a spirited group exploration. **Participants are asked to bring a copy of the play with them to class. Please note: This is not a lecture series; participants should have at least some familiarity with each play. Pre-registration is required online at MyActiveCenter.com or by calling the WCSA at 203-341-5099. Time: 10:30 AM to Noon. Cost: \$4.00.**

Tuesday, April 5: Coffee Chat with Detective Erin Shaw

Join Westport Police Detective Erin Shaw for a coffee chat in Sue’s Café to informally chat about scams, police matters, ID theft, and to answer any questions or concerns you may have. Detective Erin Shaw was hired to the Town of Westport Police Department in January 2008. She was promoted to the rank of Corporal in 2015. She holds a B.S. in Therapeutic Recreation with a minor in Health Studies from the University of Southern Maine. **Pre-registration is required online at MyActiveCenter.com or by calling the WCSA at 203-341-5099. Time: 10:30 to 11:30 AM.**

Monday, June 20: Dr. Mona Garcia: Royal History: Queen Victoria's Daughters-in-Law: Grand Duchess Marie of Russia

Grand Duchess Maria Alexandrovna of Russia, the former Duchess of Edinburgh and Duchess of Saxe-Coburg and Gotha, was the fifth child and only surviving daughter of Emperor Alexander II of Russia and his first wife, Princess Marie of Hesse and by Rhine. She was the paternal aunt of Russia's last emperor, Nicholas II. Dr. Garcia taught European history at the college level and was on staff at the Fairfield Public Library. **Pre-registration is required online at MyActiveCenter.com or by calling the WCSA at 203-341-5099. Time: 1:30 to 3:00 PM.**



ACTIVITIES AND EVENTS

JUNE 1—31, 2022

(continued)

Aquacise at Longshore Club Park

Aquacise instructor Ruth Sherman will be teaching twice a week at the Longshore pool, 260 Compo Road South. Dates: Tuesday, June 28 – August 16 and Thursday, June 30 – August 18. **Time: 11:40 AM to 12:20 PM. This class is for Westport residents only.** Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099. Open swim for Westport seniors is available from 11:30 AM to 12:15 PM, Monday through Thursday. The WCSA thanks the Westport Department of Parks and Recreation for co-sponsoring this program!

JUNE IS NATIONAL SAFETY MONTH!



Red Cross Home Fire Safety Checklist

Cooking Safety: “Keep an eye on what you fry.” Stay in the kitchen when frying, grilling, or using an open flame.

“3 Feet from the Heat”: Keep furniture, curtains, dish towels, and anything that could catch fire are at least 3 feet from any type of heat source.

Electrical and Appliance Safety: Unplug small appliances that are directly plugged into outlets.

Smoking Safety: Never smoke in Bed

Smoke Alarms: Make sure you have working smoke alarms. Different types of smoke alarms, ionization, and photoelectric detect fire in different ways. Experts recommend having both types in your home.

Change Smoke Alarm Batteries: Check batteries every year unless it has a long-life battery.

Replace Smoke Alarms Every Ten Years: A combination of working smoke alarms and fire sprinklers decreases the risk of dying in a home fire.

Practice Your Home Fire Escape Plan and Your Two-minute Drill with All Your Family Members: Practice makes perfect! After each fire drill, mark down your escape time. Make sure everyone can escape in 2 minutes or less.

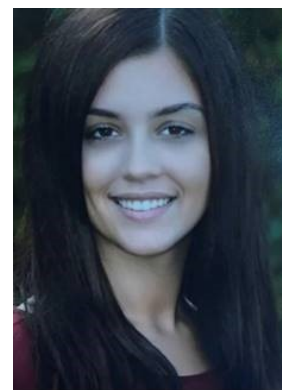
For more information: <https://www.redcross.org/sound-the-alarm.html>

WEEKLY PROGRAMS

April, May, June 2022

“Ask Kaila”

Social Worker, Kaila Morgan, MSW, for the Town of Westport Department of Human Services, will be at the WCSA on **Tuesdays and Thursdays from 8:30 AM to 4:30 PM** to offer assistance and resources regarding community services, as well as, potential state, federal and town benefits. Before coming to the Town of Westport, Kaila worked as a Care Manager at the Agency on Aging, provided crisis and social work interventions in an emergency hospital setting, and served as a paraprofessional at Fairfield Public Schools. She has experience providing in-home services to families, providing clinical support to various clients to encourage self-sufficiency and independence, counseling, functional and financial assistance assessments, and developing care plans. Kaila graduated from Fairfield Warde High School, received her Bachelor of Science degree in Psychology from Sacred Heart University, and a Master’s degree in Social Work at Southern Connecticut State University.



Thursday BINGO!

Join volunteer Doug Brill for in-house BINGO **every Thursday from 1:15 to 2:00 PM**. The cost is \$.05 cents per card, per game. Remember to bring your own nickels! **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099.**

Channel 79 — Exercise with Patty Kondub on TV Every Friday!

Join Patty on Westport Public Access TV Channel 79 (Optimum) and Channel 6020 (Frontier) for a workout to music with chair and standing exercises, balance, brain-building, memory games and posture exercises. Weights or cans and a pillow may be required. **Fridays from 10:00 to 11:00 AM. Cost: Free.** Note: Westport Public TV Access Channel 79 broadcasts to Westport households only. Out-of-town seniors can watch Patty's program on the Westport town [website](https://bit.ly/3B6NBle) (<https://bit.ly/3B6NBle>) on **Fridays at 10:00 AM.**

Current Events — Tuesdays

Facilitator Jon Fox leads a dynamic, interactive discussion on issues throughout the world and happenings right here in Westport. Feel free to express your opinion in a safe and respected atmosphere. **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099. Time: 10:45 AM to 12:00 PM.**

Wednesday Documentaries

Every Wednesday the WCSA shows a free documentary! A list of the current month’s documentaries can be found in our weekly email newsletter. Each documentary starts at 2:30 pm. Ending time depends on the length of the film. **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099.** A list of documentary titles can also be found in the flyer rack at the WCSA.

Garden Club: Fridays, April 8 — October 7

Do you like to garden? We are looking for new members and welcome returning members to the club. Only garden club members are allowed in the garden during garden club hours and with one of the facilitators. **(Please note, we do not have space for seniors to have their own plot).** The group will plan, plant, weed and harvest herbs and vegetables throughout the gardening season. Come for the planting and enjoy the harvest! **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099. Time: 10:00 to 11:30 AM.**

WEEKLY PROGRAMS

April, May, June 2022

Open Art

On both Tuesday and Thursday mornings, the WCSA's art rooms will be available to artists to work on their own projects and collaborate with others. With social distancing requirements still in effect, there will be limited space. No drop-ins allowed. **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099.**

Open Craft Workshop

Come and complete any craft project you just haven't been able to finish on your own. Bring your project and chat with friends, old and new! Coordinator: Susan Battersby. **Meets every Wednesday, April 6 – June 29. Time: 1:00 to 3:00 PM.** Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099.

Online Tech Help With The SMORES

SMORES stands for Social Media Outreach Educators and is comprised of Staples High School students. The SMORES are available to help those who may struggle with electronic devices — particularly cell phones, iPads, and social media sites such as Facebook and Instagram. **For an appointment with the SMORES, please contact Jason Wilson at 203-341-1066 or by email at: Jwilson@westportct.gov.** Please note: the SMORES only assist remotely. They do not offer in-house appointments.

Tax Preparation: Income Tax Assistance by AARP/VITA

The Town of Westport announces the no-cost, full-service AARP/VITA/IRS Volunteer Tax Assistance Program, with special attention to seniors and low to moderate-income households, is again available to the community via on-site personal counseling and virtually through a secure internet site (<https://simplifict.org>) for fiscal year 2021. It is important to bring all of your income expense documents, as well as, a copy of last year's return with you. **Appointments will be available Wednesdays through April 13, from 9:00 AM to 4:00 PM and Thursdays through April 14 from 12:30 to 4:30 PM.** The phone number to make an appointment with a certified volunteer is 860-590-8910.

Thursday Tech Club

Confused about your tech device? Janette and Mikhail – “mother and son tech duo to the rescue” – will assist with your computer tech questions such as signing in, password reset, downloading and uploading files. They are available for **half-hour appointments every Thursday from 3:15 to 4:15 PM.** Please call the WCSA at 203-341-5099 to schedule an appointment.

The WCSA YouTube Channel Offers Classes, Concerts & Programs

Check out the WCSA YouTube channel featuring fun and educational activities. Unlike Zoom, you only need access to the internet to participate in a variety of free classes, documentaries, and fun activities. Many of the Friday afternoon Friends' concerts and other past programs can be found on our YouTube channel. You'll even recognize some of our instructors including **Shelley Moll with Aerobic Chair class, Ruth Sherman with Parkinson's Fitness and Dr. Paul Epstein with Mind as Healer.** Simply click on the link below and it will take you to the WCSA's YouTube channel. Once there, click on "Playlist" to see offerings. **WCSA YouTube Channel: <https://bit.ly/3eGnAPR>.** You can also access YouTube by typing www.youtube.com.

HEALTH AND WELLNESS

April, May, June 2022

Monday, April 11 and 25: Ask the Nurse and Blood Pressure Screening

A registered nurse from Visiting Nurse & Hospice of Fairfield County will be at the WCSA for free blood pressure, depression screenings, medication management and to answer any other questions you may have. **Time: 9:30 to 11:00 AM. Please call the WCSA at 203-341-5099 to make an appointment.**

Tuesday, April 12, May 10 and June 14: Early Onset Alzheimer's Support Group

The purpose of early-stage support groups is to provide a safe and supportive environment for peers who are living in the early stages of Alzheimer's disease or related dementia and their care partners. This group offers dementia-related education, emotional support, and connections with resources so that the group members may enhance their lives in the midst of the disease. This group is NOT for caregivers, it is for the people living with Alzheimer's disease or other dementia and is in the early stage of the diagnosis. **To register, please contact Heather Gately of Home Instead Senior Care at 203-833-9924. Time: 11:00 AM to Noon.**

Wednesday, April 13: Hearing Screenings with Lisa Ogilvy

AA Hearing Aid Center is here to provide free hearing screenings and hearing aid care once a month at the WCSA. Lisa Ogilvy is a licensed hearing instrument specialist. **Appointments are from 9:00 AM to Noon. To make an appointment for any of these services, please call the WCSA at 203-341-5099.**

Friday, April 22 and 29: Do You Have Elevated Blood Pressure?

Do you have elevated blood pressure? Please join this two-part educational program about self-monitoring of blood pressure organized by the Aspetuck Health District. High blood pressure is a major risk factor for cardiovascular disease. You will hear from health care providers about blood pressure classification, the importance of blood pressure control, lifestyle modifications to lower blood pressure, medications, adhering to therapy and blood pressure emergencies. You will be able to practice checking your blood pressure and receive a blood pressure monitor if you do not have one. Partners are encouraged to join. **Time: 10:00 AM to Noon.**

Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099.



CHAIR AEROBICS



PILATES

HEALTH AND WELLNESS

April, May, June 2022

Coffee with Kaila

Join Kaila Morgan, MSW, in Sue's café for a cup of coffee and a supportive discussion on aging issues we all face. Personal stories will remain strictly confidential. Kaila is a Social Worker for the Town of Westport Department of Human Services. **Dates: April 12, April 26, May 3, May 17, June 7 & June 21. Time: 10:15 to 11:15 AM.**

Letting Go of Stress with Deirdre Ekholdt, LCSW — Department of Human Services

Stress and tension take a toll on the body and mind, but you can learn to let go and relax. In this class, you will be guided through proven stress techniques including mindfulness, breathing and guided imagery to experience a state of deep relaxation. **This program meets on the first Wednesday of the month from 1:30 to 2:30 PM. Dates: April 6, May 4, June 1. Pre-registration is required online at [MyActiveCenter.com](https://www.MyActiveCenter.com) or by calling the WCSA at 203-341-5099.**



Thursday, April 7 — May 12: Mindful Healing — Finding Peace in the Storm

Learn how to face and transform stress, pain, and illness, manage anxiety and be comfortable with uncertainty. Cultivate resilience to respond to life's challenges and keep a positive attitude. Connect with and develop inner resources and learn practical skills to work with and process difficult emotions of fear, grief, and anger. Learn mindfulness meditation as we train the mind and open the heart to awaken joy, kindness, and compassion. Facilitator: Dr. Paul Epstein. **Time: 11:00 AM to Noon. Pre-registration is required online at [MyActiveCenter.com](https://www.MyActiveCenter.com) or by calling the WCSA at 203-341-5099.**

Wednesday, April 6 and 20: SWCAA Caregiver Support

The Southwestern CT Agency on Aging (SWCAA) is co-sponsoring a caregiver support group. Terry Giegengack, M.A. will lead the group **twice a month** on Zoom. Terry's professional experiences include casework and administrative positions, both in Westport and Fairfield's Departments of Human Services. This program meets on the first and third Wednesday of the month. **Please contact Holly Betts, Program Manager at 203-341-5096 or via email: hbetts@westportct.gov to register. Time: 10:00 to 11:00 AM. Donations accepted.**

SOCIAL AND HUMAN SERVICES

April, May, June 2022

AARP Smart Driver Course

This four-hour course will review trends and safety tips pertinent to older drivers. Upon successful completion, you will receive a certificate that entitles you to a discount on your car insurance. **The course will meet on Friday, May 6 from 9:00 AM to 1:00 PM. Please check the weekly WCSA newsletter for more information or call the WCSA at 203-341-5099. Cost: \$30.00 for non-members and \$24.00 for AARP members.**

CHOICES: Medicare Information

CHOICES helps Connecticut's older adults with Medicare understand their insurance plans and health care options. Volunteers will provide information on Medicare, Medigap, Medicare Managed Care, Medicaid, Long Term Care Insurance, and other related state & federal programs. The WCSA has CHOICES volunteers for both virtual and in-house appointments. **Please call 203-341-5099 to schedule a virtual or in-house appointment.**

Hello Neighbor

Hello Neighbor is a Town of Westport program connecting community members to one another through simple phone calls and contactless grocery assistance for seniors! The program encourages connection and combats loneliness as individuals of all ages and stages create a network of social phone calls offering a warm connection between caring neighbors. In addition, Westport seniors wishing for assistance with basic grocery runs have a reliable and safe delivery option with a caring neighbor's help. No apps or membership fees, just simple acts of kindness to help when needed! Volunteer shoppers undergo a background check before being matched with a screened senior resident requesting assistance. **To volunteer, request assistance, or learn more, please go to www.westportct.gov/helloneighbor or call Paulina Przybysz at (203) 341-5097.**



WESTPORT CENTER FOR SENIOR ACTIVITIES SPRING 2022 CLASSES

The WCSA is pleased to offer classes in-house, hybrid and on Zoom! [To register for any of the classes listed below](#), the WCSA offers online registration at www.myactivecenter.com. Staff will also help you register over the phone. You may pay by credit card or by check made out to WCSA and mailed to: Westport Center for Senior Activities, 21 Imperial Ave., Westport, CT. 06880. Please note: Some classes have limited space and will be filled on a first come, first served basis. Registration is on-going throughout the quarter. There is a locked drop box located outside the front door of the WCSA for your convenience to drop off your checks and registration forms. Class descriptions are available on the WCSA website: [Click Here \(www.westportct.gov/seniorcenter\)](http://www.westportct.gov/seniorcenter)

WCSA Art Classes	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
3-D Origami w/Nor Wed. 10:00-12:00 pm	\$10	Nor Smitobol	4/6-6/29	In house	13	
Abstract Art Mon. 1:30-3:00 pm	\$48	Althea Erikson	4/4-6/27	In house	12	5/30
Beading/Jewelry/Stained Glass Fri. 10:00-12:00 pm	\$40	Kyra Avalotis	4/8-6/10	In house	10	
Bringing the Outdoors In Thurs. 1:00-3:00 pm <i>Limit 20</i>	\$40	Chris Goldbach	4/7-6/30	Zoom	10	5/5,5/12,6/2
Drawing Flowers Tues. 1:00-3:00 pm <i>Limit 18</i>	\$24	Dick Rauh	4/5-5/10	Zoom	6	
Drawing Flowers Tues. 1:00-3:00 pm <i>Limit 18</i>	\$24	Dick Rauh	5/24-6/28	Zoom	6	
Knit One Nibble One Tues. 1:00-3:00 pm	\$0	Ellen Lane	4/5-6/28	In house	13	
Mastering the Medium Fri. 1:30-3:30 pm	\$52	Linda McKie-McCellan	4/1-6/24	In house	13	
Open Art w/Nor Thurs. 10:00-12:00 pm	\$0	Nor Smitobol	Every Thurs.	In house	13	
Open Craft Wed. 1:00-3:00 pm	\$0	Susan Battersby	Every Wed.	In house	13	
Portrait Painting Thurs. 4:00-6:00 pm <i>Limit 20</i>	\$40	Chris Goldbach	4/7-6/30	Zoom	10	5/5,5/12,6/2
Tom's Open Art Tues. 10:00-11:00 pm	\$0	Nor Smitobol	Every Tues.	In house	13	
Ukulele Intermediate Level Tues. 12:30-1:30 pm <i>Limit 9</i>	\$52	Uncle Zac	4/5-6/28	In house	13	
Watercolor Techniques Fri. 10:00-12:00 pm <i>Limit 12</i>	\$32	Lisa Arnold	4/1-5/20	In house	8	
Watercolors & the Natural World Tues. 10:00-11:30 am <i>Limit 10</i>	\$24	Kathleen Burke	4/5-5/10	In house	6	

WESTPORT CENTER FOR SENIOR ACTIVITIES SPRING 2022 CLASSES

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WCSA Exercise Classes	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Aquacise Tues. 11:40-12:20 pm <i>Limit 15</i>	\$32	Ruth Sherman	6/28-8/16	Longshore	8	
Aquacise Thurs. 11:40-12:20 pm <i>Limit 15</i>	\$32	Ruth Sherman	6/30-8/18	Longshore	8	
Balance, Boxing and Bands, Thurs. 1:15-2:15 <i>Limit 10</i>	\$52	Judy Samuels	4/7-6/30	In-house	13	
Boxing Tues.3:00-4:00 pm. <i>Limit 8</i>	\$52	Dan Lewis	4/5-6/28	In-house	13	
Cardio Strength Fri. 9:30-10:30 am <i>Limit 25</i>	\$52	Shelley Moll	4/1-6/24	Hybrid	13	
Cardio, Stretch & Mobility Mon. 3:15-4:15 pm. <i>Limit 8</i>	\$40	Beth Dalen	4/4-6/27	In-house	10	5/16, 5/23, 5/30
Cardio, Stretch & Mobility Thurs. 1:00-2:00 pm. <i>Limit 8</i>	\$44	Beth Dalen	4/7-6/30	In-house	11	5/19,5/26
Cardio,Stretch & Mobility Wed. 1:45-2:45 pm. <i>Limit 8</i>	\$52	Karen Liss	4/6-6/29	In-house	13	
Chair Aerobics Thurs. 9:30-10:15 am. <i>Limit 24</i>	\$26	Shelley Moll	4/7-6/30	In-house	13	
Chair Aerobics Tues. 9:30-10:15 am. <i>Limit 24</i>	\$26	Shelley Moll	4/5-6/28	In house	13	
Dance & Stretch Tues. 1:00-2:00 pm. <i>Limit 14</i>	\$48	Sandy Adamczyk	4/5-6/28	In house	12	5/3
Essentrics/Gentle Stretch Mon. 11:30-12:30 pm. <i>Limit 10</i>	\$48	Dyan DeCastro	4/4-6/27	In house	12	5/30
Exercise for Body-Awareness and Relaxation Wed. 1:00-2:00 pm	\$24	Ruth Winnick	5/11-6/15	In house	6	
Flamenco Dancing Wed. 1:00-2:00 pm <i>Limit 10</i>	\$16	Penny Pearlman	4/13-5/4	In house	4	

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WCSA Exercise Classes	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Functional Fitness Fri. 10:30-11:30 am. <i>Limit 8</i>	\$52	Shelley Moll	4/1-6/24	In house	13	
Functional Fitness Fri. 12:30-1:30 pm. <i>Limit 8</i>	\$52	Karen Liss	4/1-6/24	In house	13	
Functional Fitness Fri. 2:00-3:00 pm. <i>Limit 8</i>	\$52	Karen Liss	4/1-6/24	In house	13	
Functional Fitness Wed. 10:30-11:30 am. <i>Limit 8</i>	\$52	Shelley Moll	4/6-6/29	In house	13	
Functional Fitness Wed. 12:30-1:30pm. <i>Limit 8</i>	\$52	Shelley Moll	4/6-6/29	In house	13	
Functional Fitness Mon. 10:30-11:30 am. <i>Limit 8</i>	\$48	Shelley Moll	4/4-6/27	In house	12	5/30
Functional Fitness Mon. 12:30-1:30 pm. <i>Limit 8</i>	\$48	Shelley Moll	4/4-6/27	In house	12	5/30
Functional Fitness Thurs. 8:45-9:45 am. <i>Limit 8</i>	\$52	Judy Samuels	4/7-6/30	In house	13	
Functional Fitness Thurs. 10:00-11:00 <i>Limit 8</i>	\$52	Judy Samuels	4/7-6/30	In house	13	
Functional Fitness Thurs. 11:00-12:00 pm. <i>Limit 8</i>	\$52	Judy Samuels	4/7-6/30	In house	13	
Functional Fitness Tues. 9:00-10:00 am. <i>Limit 8</i>	\$52	Judy Samuels	4/5-6/28	In house	13	
Functional Fitness Tues. 11:00-12:00 pm. <i>Limit 8</i>	\$52	Judy Samuels	4/5-6/28	In house	13	
K-Fit Strength & Core (SWCAA) Mon. 10:00-11:00 am. <i>Limit 14</i>	Donation	Patty Kondub	4/4-6/13	In house	10	5/30
K-Fit Strength & Core (SWCAA) Thurs. 9:30 - 10:30 am. <i>Limit 14</i>	Donation	Patty Kondub	4/7-6/23	In house	10	6/2,6/9

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WCSA Exercise Classes	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Mind & Muscle (SWCAA) Wed. 1:00-2:00 pm. <i>Limit 24</i>	Donation	Patty Kondub	4/6-6/15	In house	10	6/8
Muscle & Tone Fri. 11:30-12:30pm. <i>Limit 8</i>	\$52	Karen Liss	4/1-6/24	In house	13	
Muscle & Tone Mon. 11:30-12:30 pm. <i>Limit 8</i>	\$48	Shelley Moll	4/4-6/27	In house	12	5/30
Muscle & Tone Tue. 10:00-11:00 am. <i>Limit 8</i>	\$52	Judy Samuels	4/5-6/28	In house	13	
Muscle & Tone Wed. 11:30-12:30 pm. <i>Limit 8</i>	\$52	Shelley Moll	4/6-6/29	In house	13	
Parkinson's Fitness Wed. 10:15-11:00 am. <i>Limit 24</i>	\$0	Ruth Sherman	4/6-6/29	In house	10	4/27,5/25,6/22
Pilates Mat for Strength and Flexibility Tues. 10:30-11:30 am. <i>Limit 18</i>	\$44	Charlene Erwin	4/5-6/28	In house	11	5/24,5/31
Pilates Mat for Strength and Flexibility Thurs. 10:30-11:30 am. <i>Limit 18</i>	\$44	Charlene Erwin	4/7-6/30	In house	11	5/19, 5/26
Rise & Shine Yoga Sat. 8:45-9:45 am.	\$52	Paula Schooler,RN	4/2-6/25	Zoom	13	
Strength Training Mon. 1:00-2:00 pm. <i>Limit 10</i>	\$44	Sandy Adamczyk	4/4-6/27	In house	11	5/2, 5/30
Strength Training Fri. 10:00-11:00 am. <i>Limit 14</i>	\$48	Sandy Adamczyk	4/1-6/24	In house	12	5/6
Strength, Stretch & Core Wed. 3:00-4:00 pm. <i>Limit 8</i>	\$52	Karen Liss	4/6-6/29	In house	13	

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WCSA Exercise Classes	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Strength,Stretch & Core Mon. 2:00-3:00 pm. <i>Limit 8</i>	\$40	Beth Dalen	4/4-6/27	In house	10	5/16, 5/23, 5/30
Strength,Stretch & Core Thurs. 2:15-3:15 pm. <i>Limit 8</i>	\$44	Beth Dalen	4/7-6/30	In-house	11	5/19,5/26
Tai Chi Advanced Fri. 11:15-12:15 pm. <i>Limit 10</i>	\$52	Mari Lewis	4/1-6/24	Hybrid	13	
Tai Chi Advanced Tues. 2:30-3:30 pm. <i>Limit 10</i>	\$52	Mari Lewis	4/5-6/28	Hybrid	13	
Tap Dancing Thurs. 1:00 - 2:00 pm. <i>Limit 12</i>	\$48	Sandy Adamczyk	4/7-6/30	In house	12	5/5
Weights in Motion Mon. 9:30-10:30 am. <i>Limit 10 in-house</i>	\$48	Shelley Moll	4/4-6/27	Hybrid	12	5/30
Yoga for Movement Disorders Tues. 11:15-12:15 pm <i>Limit 12</i>	\$52	Paula Schooler,RN	4/5-6/28	In house	13	
Yoga for Strength, Relaxation & Rejuvenation Sat. 10:00-11:00 am.	\$48	Maria Vailakis-Wippick	4/2-6/25	Zoom	12	4/16
Yoga For Wellbeing Tues. 7:45-8:45 am. <i>Limit 12</i>	\$52	Paula Schooler,RN	4/5-6/28	Hybrid	13	
Yoga Very Gentle, Chair Sat 11:15-12:15 pm.	\$48	Maria Vailakis-Wippick	4/2-6/25	Zoom	12	4/16
Yoga, Total Health Fri. 8:45-9:45 am. <i>Limit 14 in-house</i>	\$52	Denise O'Hearn	4/1-6/24	Hybrid	13	
Yoga, Total Health Wed. 8:45-9:45 am. <i>Limit 14 in-house</i>	\$52	Denise O'Hearn	4/6-6/29	Hybrid	13	
Yoga, Total Health Mon. 8:45-9:45 am. <i>Limit 14 in-house</i>	\$48	Denise O'Hearn	4/4-6/27	Hybrid	12	5/30
Zen Flow Wed. 9:30-10:30 am. <i>Limit 10 in-house</i>	\$52	Shelley Moll	4/6-6/29	Hybrid	13	
Zumba Gold Wed. 10:30-11:30 am.	\$52	Karen Liss	4/6-6/29	Zoom	13	

WESTPORT CENTER FOR SENIOR ACTIVITIES SPRING 2022 CLASSES

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WCSA Language, Games & Other	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
BINGO Thurs. 1:15-2:30 pm.	\$0	Doug Brill	Every Thurs.	In house	13	
Bridge One Part II Mon. 1:30-2:30 pm. <i>Limit 16</i>	\$32	Michael Hess	4/4-5/23	In house	8	
Bridge Intermediate Wed. 2:30-4:00 pm. <i>Limit 16</i>	\$32	Michael Hess	4/6-5/25	In house	8	
Mahjong 2022 card included Mon. 1:45-3:15 pm. <i>Limit 16</i>	\$58	Shelley Moll	4/4-6/27	In house	12	5/30
French Conversational Wed. 10:30-11:30 am. <i>Limit 10</i>	\$52	Nell Mednick	4/6-6/29	In house	13	
French, Intermediate Wed. Noon-1:30 pm. <i>Limit 10</i>	\$52	Nell Mednick	4/6-6/29	In house	13	
Tech Club Thurs. 3:15-4:15 pm.	\$0	Jeanette & Mikhail	Every Thurs.	In house		
AARP Smart Driver Course Fri. 9:00 am-1:00 pm <i>Limit 12</i>	Member \$24; Non-Member \$30	Roy Marcantonio	5/6	In house	1	

WCSA Support Groups	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Alzheimer's Support/Early Onset Tues. 11:00-12:00 pm.	\$0	Heather Gately	4/12, 5/10, 6/14	In house	3	
Caregiver Support (SWCAA) Wed. 10:00-11:00 am <i>Limit 15</i>	Donations accepted	Terry Giegengack	4/6, 4/20, 5/4, 5/18, 6/1, 6/15	Zoom	6	
Happiness through Mindfulness Meditation Thurs. 11:00-12:00pm.	\$0	Dr. Paul Epstein	4/7-5/12	In house	6	
Coffee with Kaila Tues. 10:15-11:15 am.	\$0	Kaila Morgan	4/12, 4/26, 5/3, 5/17, 6/7, 6/21	In house	6	
Letting Go of Stress Wed. 1:30-2:30 pm. <i>Limit 15</i>	\$0	Deidre Ekholdt	4/6, 5/4, 6/1	In house	3	
Parkinson's Support Wed. 10:15-11:00 am.	\$0	Maureen Matuszewski & Alison Smith	4/27, 5/25, 6/22	In house	3	

WESTPORT CENTER FOR SENIOR ACTIVITIES SPRING 2022 CLASSES

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WCSA Discussion Groups	Cost	Instructor	Dates	Location	Total sessions	No Class Dates
Contemporary Issues Mon. 10:30-11:30 am.	\$0	Art Gottlieb	4/4, 4/18, 5/2, 5/16, 6/6, 6/20	Zoom	6	5/30
Book Discussion with Art Gottlieb Wed. 10:30-11:30 am. <i>Limit 14</i>	\$24 (Book \$19 Add'l)	Art Gottlieb	4/20-5/25	In house	6	
Current Events Tues. 10:30-12:00 pm. <i>Limit 14</i>	\$0	Jon Fox	4/5-6/28	In house	13	
Shakespeare Discussion Group: Mon. 10:30-12:00 pm. <i>Limit 12</i>	\$8	Diane Lowman	5/9,6/13	In-house	2	
Shelf Awareness Book Club Wed. 2:00-3:30 pm.	\$0	Jill Meyer	4/13, 5/11, 6/8	In-house	3	



**The WCSA will be Closed on Monday, May 30
for the Memorial Day Holiday**

Memorial Day History Facts

- Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.
- The date of Decoration Day was chosen because it wasn't the anniversary of any particular civil war battle and so that flowers would be in bloom to place at soldiers graves.
- On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Civil War soldiers buried there.
- More than 20 towns claim to be the holiday's 'birthplace'—but only one has federal recognition. In 1966, 100 years after the town of Waterloo, New York, shuttered its businesses and took to the streets for the first of many continuous, community-wide celebrations, President Lyndon Johnson signed legislation, recently passed by the U.S. Congress, declaring the tiny upstate village the "official" birthplace of Memorial Day.



Westport Center for Senior Activities

Registration Worksheet Spring 2022

Registration for the Spring, 2022 semester (April—June) can be done on [MyActiveCenter.com](https://www.myactivecenter.com), by calling the WCSA at 203-341-5099, or by mailing or dropping off in our locked drop box, your completed registration form with a check made out to WCSA. If you register by phone or online, you must pay with a credit card at the time of purchase. Credit card transactions are subject to an additional convenience fee of 2.85%. Phone registrations will be available from 8:30 AM to 4:30 PM, Monday through Friday. Please do not leave your registration requests on the answering machine as they will not be honored. *Please note: A \$10.00 late fee will be added for anyone registering after March 31 for any class that runs the entire semester.* Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203-341-5098. All scholarship requests will be confidential. If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees.

<u>Class</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Instructor</u>	<u>Fee</u>
				\$
LATE FEE...				
TOTAL PAYMENT DUE.....				\$

Name: _____ Phone #: _____

Westport Resident? _____ Yes _____ No Date: _____

*Email address: _____

**Required for all online classes*

Would you like to subscribe to our weekly Constant Contact listing upcoming events via e-mail?
 _____ Yes _____ No _____ Already registered